

NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: September 7, 2006

Attendance: "X" means present

ARC	<input type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input type="checkbox"/>	WSTF	<input type="checkbox"/>

Welcome

Mae Hafizi

For your convenience, minutes are color coded as such:

- Red requires attention and/or feedback from the field.
- Green is informational.
- Black is speaker presentation.

Today's guest speakers and topic:

- Renee Barrett and Nancy Miller from Glenn Research Center (GRC) discussed a recent visit by CDC's Swift Worksite Assessment and Translation project.

HPW Committee Communication

Mae Hafizi

HealthierNASA 2006

A. Please provide the following information related to the annual flu vaccine campaign:

1. How many doses have been ordered,
2. The vendor or vendors' name,
3. Shipment due date,
4. Tentative dates of the vaccination drive.

Once the campaign is completed please provide the following information:

1. How many Civil Servants, Contractors, and Others have been vaccinated.
2. How was the campaign implemented? For example, did it include identifying and vaccinating the high risk population first or was it first come-first serve; did it include any form of outreach such as vaccination locations outside of your clinics.

B. The ohp website has a new look. Please use the site and give us your feedback.

C. Please mark your calendar for the upcoming HPW Committee ViTS:

1. December 7, 2006 at 11am Eastern Time. Dr. Kathleen Brown from the University of Alabama will discuss determinants of participation in worksite health promotion activities. This schedule is tentative; I will forward more information as they come available.

D. HPW ViTS for 2007 have been scheduled on the following dates and times:

- Thursday 3.8.07 12Noon – 13:00PM Eastern

- Wednesday 6.6.07 13:00Pm- 14:00PM Eastern
- Thursday 9.13.07 12Noon – 13:00PM Eastern
- Thursday 12.13.07 12Noon – 13:00PM Eastern

HealthierYou 2007

A. The 2007 HealthierYou calendar is complete (text and design). I have received a list of your requests for number of copies. All your requests will be met. The Calendar images are much larger this year and the theme is deep space to identify with the mission of exploration. The calendar includes an at-work health journal, and each month contains a health action, a health question and a behavioral health section as well as the main health topic. **On the last page of the minutes I have included the cover of the calendar. I hope you like the design.**

B. NASA's subscription to Mayo Clinic's HQNL has been extended for two additional years- through 9/2008.

Presentation

Centers for Disease Control and Prevention SWAT Project
(Swift Worksite Assessment and Translation)
Renee Barrett, CHES Fitness Director
Nancy Miller, RD, LD, Clinical Dietitian
NASA Glenn Research Center (GRC)

The focal points of health promotion activities at GRC are Renee Barrett (fitness), Nancy Miller (nutrition) and Patty Oleksiak (nursing/medicine). Earlier in the year, the CDC SWAT office had contacted GRC to enlist them in a mid-level evaluation project related to worksite health promotion.

CDC, with the help of a support contractor (RTI), had established a project to identify model worksite health promotion programs. The project is called Swift Worksite Assessment and Translation or SWAT. The CDC and RTI, after contacting several subject experts, identified NASA GRC as a potential candidate site. After a lengthy telephone interview with GRC they were selected in the final participants roll and served as one of the few federal agencies enlisted in the project.

CDC SWAT made a site visit at GRC to include a middle ground evaluation (not a full statistical analysis), workforce demographics, environmental assessment and key interviews. The team asked for data/metrics to gain an understanding of the program goals and objectives. They did not complete a full scale statistical analysis. Workforce demographics indicated that 70% of the employee population are male and in a technical/sedentary work environments. Of the 3200 center employees about 1200 are active members of the fitness facility. They

also identified the types of health insurance programs offered and enrolled. They assessed physical grounds to see if it is conducive to walking or running. Vending machine and cafeteria selections were assessed as well as the fitness center and the clinic. The team met and interviewed GRC senior management, the clinical dietitian, the clinic staff and the fitness center staff in order to assess program/service integration.

The team made the following recommendations:

- 1) The program goals are clearly stated however they should be revisited, at least, every two years. There must be continued dialogue with managers, staff and employees to ensure relevance.
- 2) The program components such as fitness, nutrition and weight control are well planned however; the processes of referral and follow up between the disciplines of medicine, dietitian and fitness can be improved.
- 3) The program reach and participation has room for improvement. For example, how do the current offerings, incentives and strategies appeal to a workforce who is primarily middle-aged men in engineering and technical jobs? An employee survey was recommended which GRC is considering. A comprehensive survey will require input from center management and general counsel.
- 4) Consider making a sustained effort to increase the variety of healthy food and beverage choices in the cafeterias and vending machine. Support this effort with written policies and procedures such as: a) healthy food-at-meeting policy or b) walking/biking to work incentive policy.
- 5) The program links employees and families to wellness activities in their own communities via displays, maps and brochures. This is an excellent effort and should continue by encouraging the use of resources and events in leisure time such as the local YMCA, health and wellness clubs and parks.
- 6) The program utilizes a cross section of disciplines in their health promotion efforts such as fitness experts, nutritionist and medical experts. Because of this consistent procedures and standards are essential for program tracking and evaluation. Examples of common metrics are the use of the BMI vs. body fat since the latter is more invasive in nature, consider an average weight loss of 4 lbs per year or no weight gain each year,
- 7) Evaluation data provides great insight on the impact of the program on employees' health and quality of life. It is imperative to share the results of programmatic evaluation and effectiveness with the participants, staff and management. Furthermore, data evaluation can guide current and new initiatives.

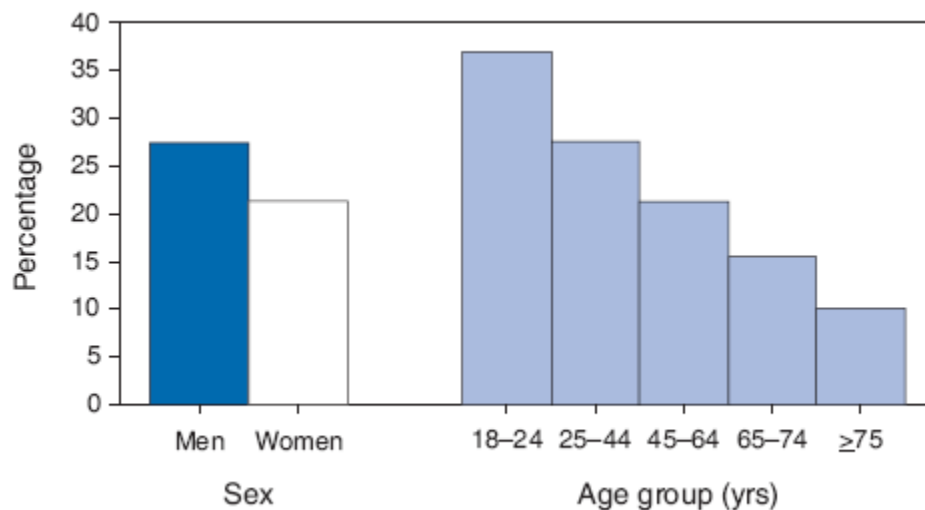
The GRC health promotion collaborative found the visit invaluable. The recognition alone provided the staff with renewed energy. CDC SWAT provided GRC with a list of resources which will be made available to all NASA health promotion professionals on the ohp website at www.ohp.nasa.gov. These include sample policies, links and assistance in survey methodology. Additionally, CDC SWAT will be holding periodic teleconferences with all the participating sites in order to foster collaboration.

MMWR™

Weekly

September 8, 2006 / 55(35);968

QuickStats: Percentage of Adults* Who Engaged in Any Leisure-Time Strengthening Activity,[†] by Sex and Age Group --- United States, 2005

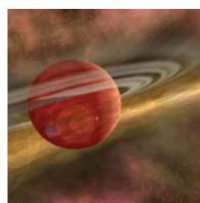
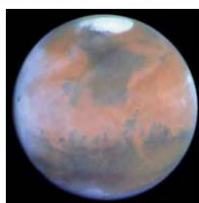


* Aged ≥ 18 years. [†] Data are based on household interviews of a sample of the civilian, noninstitutionalized population. Participants were asked: "How often do you do leisure-time physical activities specifically designed to strengthen your muscles such as lifting weights or doing calisthenics?" In 2005, approximately one fourth of all adults reported participating in any leisure-time strengthening activity, a component of overall physical fitness. Men were more likely than women to engage in leisure-time strengthening activities. The percentage of adults who engaged in these activities decreased with age, from 37% among persons aged 18--24 years to 10% among persons aged ≥ 75 years. **SOURCE:** National Health Interview Survey, 2005. Available at <http://www.cdc.gov/nchs/nhis.htm>.

National Aeronautics and Space Administration



²⁰⁰⁷ *Healthier You*



www.nasa.gov